

Osteoporosis

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Health Science and Medicine; Osteoporosis Women are the individuals reported to have more incidences of osteoporosis. However, men can also develop this condition as well. Suspicion of osteoporosis is more where there have been fractures under little or no trauma incidents or where the following factors are present. Deficiency in estrogen since early menopause, prior to 45 years either surgical or natural, or without periods for an extended duration up to one year. Individual histories of fractures as adults are also considered, osteoporosis family history, low body weight that is mostly below 127lbs or a small frame, low calcium intake, immobilization, cigarette smoking and excess alcohol intake among other factors. Although any individual can contract the condition, Asian and Caucasian women are more prone (Compston, 62).

Apart from the vertebrae, osteoporosis affects all the bones in human bodies. However, most instances are seen commonly on the wrist, hip and spine, also known as the vertebrae. It supports the body to maintain its varying postures. Serum calcium levels are elevated in osteoporosis due to its liberation from bones because of hormone influence, the parathyroid hormone in it and more calcium absorption by the kidney that raises its level in the blood (Compston, 18). Referring osteoporosis metabolic bone diseases implies that they result from mineral abnormalities and are often reversible after treating the underlying defects. Osteoporosis can be prevented or slowed down by supplementing the food with enough elements known to lead to this condition. Exercise strengthens bones and their production contrary to the belief that it raises the risks for osteoporosis acquisition. There are drug therapies that go handy with osteoporosis. They include use of medication such as thyroid hormone, steroids, diuretics and <https://assignbuster.com/osteoporosis/>

anticonvulsants (Compston, 51).

Work Cited

Compston, Juliet E., and Clifford J. Rosen. Osteoporosis. 6th ed. Abingdon: Health Press, 2009. Print.